

**MAD RIVER VALLEY SENIOR CITIZENS, INC.  
AND MEALS ON WHEELS  
AT  
EVERGREEN PLACE**

The Mad river Valley Senior Citizens (MRVSC) continue to achieve their mission of providing social, educational, charitable and nutritious meals to elders at the Senior Center located at Evergreen Place and through the Meals on Wheels program. All this is possible in a large part through the generous financial support from the four Valley towns. Our annual fund raising efforts also help to cover any shortfall in funding that is a part of all senior citizen centers.

We also could not survive without the very dedicated corps of community volunteers who so generously give of their time to deliver Meals on Wheels or serve lunch every Tuesday and Thursday at our congregate meals site at Evergreen Place. In 2010 we served a total of 5,873 meals to seniors either at Evergreen or to Meals on Wheels recipients in the community.

In addition to congregate meals and Meals on Wheels, the Senior Center space also provides a venue for a variety of activities for community members to participate in on a weekly basis. Our volunteer Board organizes social activities such as music, health talks, games and cinema entertainment. A popular program this year has been “Arm-Chair Travel” with lunch and food typifying the country presented. Central Vermont Home & Health Hospice holds various clinics at the Senior Center such as flu clinics and the well-attended foot clinic held every six weeks. Our volunteer nurse offers monthly blood pressure screenings.

MRVSC appreciates that the Valley community continues to recognize the importance of providing meals to seniors, either in the congregate setting or in their residences when needed. Adequate nutrition is essential for healthy aging. Attendance at a congregate meal improves the participant’s health and sense of well-being as it provides an opportunity to socialize with others while sharing a nutritious meal. Home delivered meals enable frail seniors to stay in their homes in their own community rather than being institutionalized at a much greater cost to society. These services are invaluable to the Valley.

This year our Board will develop a comprehensive Emergency Preparedness Plan as recommended by the Meals on Wheels Association

(MOWAA) and the FEMA Management Institute. This will enable our Board and various emergency people throughout our community to respond to and recover from an emergency that could impact our seniors and “special needs” population and the Meals on Wheels program.

Thanks you to all Valley residents for supporting us.

- Carole Crossman , President MRVSC
- Val Hale, Vice President
- Kathy Freidman, Treasurer
- Kathy Koepele, Secretary
- Fran Plewak, Activities Director
- Helmut Hietzker
- Vince Gautier
- Suzy Markowitt, MOW Coordinator



Food and fun at the Waitsfield-Fayston Fire Department celebration

(Photo: V. Capels)